

Crew Off Duty

GMT	CREW	ACTIVITY
08:00–08:10		Morning inspection
08:10–08:40		Post-sleep
08:40–09:30		BREAKFAST
10:30–11:30		Weekly housecleaning
11:30–11:50	CDR	RENAL STONE: end of urine collection
11:30–12:10	БИ-2	Maintenance of COЖ
11:50–12:10	CDR	RENAL STONE: stowage
12:10–12:15	БИ-2	ELEKTRON-VM: monitoring of the air bubble in gas/liquid mixture
13:00–14:30	CDR	Physical exercise (RED)
13:05–14:05	БИ-1	Physical exercise (VELO + Load Trainer / day 4)
14:05–14:10		Calldown of CBO water supply status
14:10–14:15		Calldown of СП counter status
14:30–15:30	БИ-2	Physical exercise (TVIS)
14:35–14:50	БИ-1	Regeneration of Ф1 absorption bed in БМП (start)
15:30–16:30		LUNCH
16:30–16:45	БИ-2	Private psychological conference (<i>S-band</i>)
16:50–17:05	CDR	
17:15–17:30	БИ-1	Private family conference (<i>VHF</i>)
17:35–17:50	CDR	Private family conference (<i>S-band</i>)
17:45–19:15	БИ-1	Physical exercise (TVIS-4)
18:00–18:05	БИ-2	Inspection of БРПК separator
18:45–20:15		Physical exercise (RED)
19:15–20:15	CDR	Physical exercise (TVIS)
19:25–19:35	БИ-1	EMU battery recharge (term)
20:15–20:45		Daily plan review
20:45–21:00		Daily planning conference (<i>S-band</i>)
21:00–21:30		Prep for work
21:30–22:00		DINNER
22:00–22:30		Daily food prep
22:30–23:30		Pre-sleep
23:30–08:00		SLEEP

Note: 1. See OSTP for references to US procedures
2. Task List activities: DIATOMEA
URAGAN
REGUL-Packet: installation of a new S/W driver per

End of radiogram